



NEWS & RESOURCES TO SUPPORT THE CREATION  
OF HEALTHIER SCHOOL ENVIRONMENTS

# Healthy Schools Program

## New School Food Regulations Intimidating, but They Don't Have to Be

Calorie limits. Sodium reduction. Daily maximums. Daily minimums.

It seems like a new language was created along with the new standards but the changes that they describe do not have to be daunting.

**We have broken up the school meal process into bite-size chunks.**

What do you need help with? Menu development, purchasing, marketing on campus? Whatever stage of the cycle you are on, you can find a variety of resources specific to your task at hand.

And all our resources will give you the best help to meet our strict Alliance School Food Guidelines, which either meet or exceed new USDA regulations.

[Serve healthier foods.](#)

## Pass It On

We know everyone is not in food service, but you probably know someone who is. Forward this message to someone who might need more assistance with serving better foods on campus.



## Get Started

What is your next step toward healthy foods?

- Create Healthier Menus
- Procure Your Items
- Build Awareness
- Increase Participation

[Resources to get started](#)

## Watch Now!

Our Healthy Schools Spotlight video will show you how a dedicated food service director in Ohio is working hard to serve healthier meals.



[Watch Now](#)

## Talk With Us



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